

Green Salad and Dressing



* Please note: Because we have many different communities of people joining us including those living a vegan lifestyle you will on occasion see soy based products incorporated (miso paste, tofu etc). This ingredient is a mainstay in many of their nutritional choices. If you choose to use soy products it is highly recommended you choose organic, non gmo.



Green Salad Fixings

• 2-4 cups salad greens (spinach, arugula, green and red leaf lettuce, romaine, baby kale, baby chard)
Earthbound Farms and Olivia's Organics have a great variety of organic lettuce mixes. Add any amount of the following veggies and nuts/seeds:

- Diced cucumber
- Diced tomato
- Chopped avocado
- Shredded carrots
- Diced celery
- Shredded beets
- Diced radishes
- Chopped broccoli
- Chopped cauliflower
- Mung bean sprouts
- Alfalfa sprouts

- Diced red, yellow or green bell peppers
- Black, green or kalamata olives (rinse)
- Garbanzo beans
- Black beans
- Cannellini beans
- Chopped artichoke hearts
- Frozen peas, thawed
- Cubed organic tofu
- Pumpkin seeds
- Sunflower seeds
- Walnuts
- Almonds

IMPORTANT: Steer clear of dressings that are creamy/dairy based

Italian Vinaigrette Salad Dressing

1 C Extra Virgin Olive Oil
¼ C raw apple cider vinegar (use more or less to taste)
2 Tbsp roasted garlic OR 1-2 Cloves fresh garlic, minced
½ tsp salt
¼ tsp black pepper
1 tsp dried basil
1 tsp dried marjoram or thyme
1 tsp dried rosemary 1 tsp dried oregano 2 Tbsp lemon juice
2 Tbsp applesauce

Mash up garlic with a fork and add applesauce. Add spices and mash to combine. Add in rest of ingredients and mix well. Store in the refrigerator and use as needed.

Ranch Dressing

½ C cashews, soaked for 2-3 hours and drained
⅓ C water
¼ C almond milk (or other non-dairy milk)
1-2 cloves garlic
1 Tbsp fresh parsley
1 Tbsp fresh chives
1 tsp dried dill
½ lemon, juiced
½ tsp raw apple cider vinegar
½ tsp sea salt
Fresh ground pepper, to taste

With the exception of parsley, chives and dill, add all other ingredients in high-speed blender. Blend until smooth. If you like thinner dressing, add a little water at a time until desired consistency is reached. Add herbs and pulse. Season with salt & pepper. Adjust according to taste. Chill for an hour. Use within 2 days. Store in the fridge in an airtight container.

Lemon-Garlic Dressing

½ cup olive oil
1 lemon, juiced
3 cloves garlic, chopped
Salt/pepper, to taste

In a food processor or chopper, combine all ingredients and blend until there are no garlic pieces left. Store in the fridge.

Avocado Cilantro Dressing

½ lg avocado
⅛ cup extra virgin olive oil
⅛ cup water
2 cloves garlic
1.5 tsp apple cider vinegar
2 Tbsp lime or lemon juice
¼ tsp black pepper
Pinch of sea salt, to taste
Cilantro to your liking or 1 cup loosely packed, stems removed

Place all ingredients in a mini blender and puree until smooth. If too thick add a little water or Evoo. May be doubled or tripled and stored in the refrig

Basil Salad Dressing

2 oz fresh basil
¾ cup olive oil
½ tsp sea salt
½ tsp pepper
1 tsp lemon juice
Blend on high speed until smooth.

Creamy Avocado Dressing

1 avocado
3 Tbsp olive oil
1 Tbsp lemon juice
¼ tsp black pepper
Sea salt, to taste
½ cup water
Place avocado, olive oil, lemon juice and water in a blender. Puree until smooth. Then blend in salt and pepper.

Creamy Onion Dressing

2 Tbsp red onion
¼ cup apple cider vinegar
1 Tbsp coconut amino (Bragg coconut amino)
1 tsp mustard powder
½ tsp sea salt
½ C olive oil
Place onion, vinegar, mustard and salt in blender and puree on high speed until smooth. While blending, drizzle in olive oil.

Italian Dressing

¼ cup apple cider vinegar
2/3 cup extra virgin olive oil
2 Tbsp water
2 Tbsp coconut amino (Bragg coconut amino)
2 Tbsp of Italian seasoning
Combine all ingredients in a salad shaker bottle, shake & enjoy.

Creamy Tahini Dressing

4 scallions, minced
1/2 tsp salt
6 Tbsp tahini
4 Tbsp apple cider vinegar
4 Tbsp lemon juice
1/4 – 1/2 tsp black pepper
Blend all ingredients in a small food processor. Add water as needed for desired consistency.

Miso Carrot Dressing

2 medium carrots, grated
2 Tbsp organic, unpasteurized miso paste
1 inch ginger root, peeled and grated
1 Tbsp sesame oil
3 Tbsp lemon juice
3 Tbsp water
Blend together in blender until smooth. Depending on your blender, the dressing may remain somewhat chunky. Add water to desired consistency.

Red Pepper and Cilantro Dressing

1/2 red pepper, seeded and cored
3/4 cup fresh cilantro
1 small tomato
1 garlic clove
1 1/2 Tbsp lemon juice
1/2 tsp sea salt
1 Tbsp water
1/2 tsp organic, unpasteurized miso paste
1 tsp raw apple cider vinegar
black pepper to taste
Blend together in a blender until smooth. Enjoy fresh or store for up to two days in the refrigerator.

Oil Free/Balsamic Free- Italian Vinaigrette Dressing

2 1/2 Tbsp raw apple cider vinegar
1 tsp Dijon mustard
1/2 tsp sea salt
1 1/2 tsp Italian seasoning
1/2 cup water
Whisk all ingredients together in a bowl.

Tomato Basil Avocado Dressing

1 vine-ripened tomato, cut into quarters
1/2 ripe avocado
1/4 cup fresh basil
Juice of 2 lemons
Sea salt to taste
Combine all ingredients in a blender and blend until smooth and creamy; adjust salt to taste.

Creamy Green Avocado Dressing

1/4 package silken tofu
1 avocado, peeled and seeded
Juice of 1/2 lime
Blend together in a blender until smooth, adding water to achieve desired consistency. Enjoy fresh or store for up to 2 days in the refrigerator. If storing, add the avocado pit to maintain freshness.

Dressings compiled from: The Vegan Road (theveganroad.com), The Engine 2 Diet, and The Beauty Detox Solution and Quick Fix Vegan.